

2026 CONCORDIA INVITE

THURSDAY, APRIL 2 – FRIDAY, APRIL 3, 2026
CONCORDIA UNIVERSITY - BULLDOG STADIUM

Thursday, April 2, 2026

TENTATIVE SCHEDULE

FIELD EVENTS

3:00 pm	Hammer	Men	Followed by Hammer Women
3:00 pm	Javelin	Men	Followed by Javelin Women

RUNNING EVENTS

6:30 pm	10k	Women
7:30	10k	Men

Friday, April 3, 2026

FIELD EVENTS

12:00 pm	Long Jump	Women	Followed by Triple Jump Women
12:00	Long Jump	Men	Followed by Triple Jump Men
12:00	Pole vault	Women	Followed by Pole Vault Men
3:00	Discus	Men	Followed by Discus Women
3:00	Shot Put	Women	Followed by Shot Put Men
3:00	High Jump	Men	Followed by High Jump Women

RUNNING EVENTS – Won't go more than 15 min ahead of schedule

2:00	100 Hurdles Prelims	(W)	4:25	400	(W)
2:10	110 Hurdles Prelims	(M)	4:40	400	(M)
2:20	100 Prelims	(W)	4:55	1500	(W)
2:30	100 Prelims	(M)	5:10	1500	(M)
2:45	800	(W)	5:25	400 Hurdles	(W)
2:55	800	(M)	5:35	400 Hurdles	(M)
3:10	4 x 100 Relay	(W)	5:45	200	(W)
3:15	4 x 100 Relay	(M)	6:05	200	(M)
3:25	3k Steeple	(W)	6:25	5k	(W)
3:45	3k Steeple	(M)	6:50	5k	(M)
4:05	100 Hurdles Final	(W)	7:10	4 x 800 Relay	(W)
4:10	110 Hurdles Final	(M)	7:20	4 x 800 Relay	(M)
4:15	100 Final	(W)	7:30	4 x 400 Relay	(W)
4:20	100 Final	(M)	7:35	4 x 400 Relay	(M)
			7:40 pm	5000m Racewalk	(W/M)

